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MONEY WELL SPENT?

Vancouver acts but Downtown Eastside community opposes overdose funds for new policing **metroNEWS**

Drinking water threat 'our Standing Rock'

TRANS MOUNTAIN PIPELINE

Coldwater First Nation vows to defend supply

David P. Ball
Metro | Vancouver

A small First Nation in B.C.'s Interior has warned Ottawa it won't let its drinking water supply be risked without a fight.

And according to a Nov. 28 joint federal-provincial letter obtained by Metro, Ottawa acknowledged the risk to Coldwater band's aquifer from Kinder Morgan's Trans Mountain pipeline — just one day before approving the project.

"These guys have a good case," said lawyer Matthew Kirchner, who filed a challenge of Ottawa's decision for the band earlier this month. "There's uncertainty about what the impacts would be on their water system — their aquifer — and it's essential to understand."

The pipeline expansion, now approved by federal and provincial governments, would increase oil flow from Alberta's oilsands to B.C.'s Lower Mainland threefold and is set to start work in September.

The First Nation raised concerns about the proximity of the Trans Mountain route to its aquifer, upon which 90 per cent of the nearly 800 residents depend for drinking water.

Federal officials took note, too, but still green-lit the project, according to the letter sent to Coldwater Chief Lee Spahan.

"Coldwater could be significantly impacted from a pipeline spill as the community relies primarily on an aquifer crossed by the project for its drinking water," the letter stated, co-signed by the federal Crown Consultation Lead for major projects and the B.C. Environmental Assessment Office's executive project director. "Coldwater members also rely on cultural foods for subsistence and are at greater risk for adverse effects from an oil spill."

Trans Mountain acknowledged the band's "concerns over protecting their rights and title and the environment," according to a statement emailed in response to Metro's questions.

The firm said it's "been engaging" with Coldwater's leaders since 2013.

"Those discussions have focused on addressing Coldwater's including routing and protecting the Coldwater aquifer," a Trans Mountain spokesperson stated. "We share the same objective of ensuring the construction and operation of the project minimizes impacts to the environment and specifically, the Coldwater aquifer.

"We have worked, and will continue to work, diligently to achieve this."

> **These guys have a good case. We know there's a real threat.**
> Lawyer Matthew Kirchner

Addressing the aquifer issue for the First Nation is one of the conditions of the Crown's project approval.

"But that's after the fact," Kirchner said. "This is, 'Let's study it, then build it,' not, 'Let's study it, reconsider whether to approve it, and then maybe build it.'"

If the pipeline expansion proceeds as planned this autumn, Spahan hinted that the battle over water could potentially take on similarities to the water standoff at Standing Rock Sioux Reservation.

"This is about our drinking water; it is our Standing Rock," he said. "It'll be up to my membership how they decide ... but we're going to do whatever it takes to protect our drinking water."

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Medical hackathon seeks innovators and inventors

RESEARCH

Event at UBC hopes to create health answers with teamwork

Wanyee Li
Metro | Vancouver

Great minds will gather to kick-start ideas for the latest breakthrough in biomedical devices during the second-ever Hatching Health hackathon at UBC, a Vancouver startup hopes.

Prototypes of everything from prosthetics to wearables to GPS-tracking products are possible at this event March 3 to 5. People from medical, design and engineering fields are all encouraged to apply, says the event organizer.

"It's very difficult to connect with physicians for myself as an engineer. So we really identified that need and treated our organization as a startup in itself," said Cameron Stuart, co-founder of Hatching Health.

Stuart, who is completing his master's degree in biomedical engineering at UBC, says he and two friends wanted to host health hackathons that championed hardware solutions.

"Traditional hackathons focus on just software. But we're also looking to address hardware problems — looking at point of care, rehabilitation medicine and ways we can help aging populations."

Hatching Health is held over three days, unlike Fraser Health's two-day hackathon, in order to give teams time to develop a prototype.

This year's grand prize is $2,000. But the real advantage of attending the hackathon is working with people in other fields, said Stuart.

Last year's winners presented an idea that would help build custom seating for children with spinal deformities. That team, led by a pediatric occupational therapist, is now looking to commercialize their product in the next six months, said Stuart.

Teams are often formed at the event itself, meaning people can enter the event as individuals and find an idea that inspires them that weekend. Alternatively, people who see a health problem that needs solving but have no prototyping expertise are also encouraged to apply.

Stuart doesn't consider Hatching Health as an incubator, but rather a starting point for people who want to come up with real-world solutions for health problems.

"The focus is connecting people and identifying problems and basic solutions," he said.

Applications for Hatching Health will be accepted until Feb. 10, 2017.

Ali Lin Su, an engineer and 2016 Hatching Health participant, demonstrates her team's prototype wearable device that helps dementia patients orient themselves. COURTESY HATCHING HEALTH

SCIENCE

Waves rippling at SFU

David P. Ball
Metro | Vancouver

Last year's historic first-ever recording of gravitational waves sent ripples through the scientific community.

And this week, those intellectual waves are rippling to B.C., with some of the world's top cosmologists, astronomers and other researchers converging on Simon Fraser University starting Wednesday.

"Some are astronomers dealing with things like dark energy and thinking about how the universe works," explained conference co-chair SFU cosmologist Levon Pogosian. "Others work in a laboratories balancing neutrons, tiny subatomic particles, to check if their gravity is the same as Einstein's gravity (theory).

"They're testing gravity on completely different scales, from the tiniest possible to the largest. But these people don't normally talk to each other, so the aim is to stimulate dialogue between the top people in their respective disciplines — and hopefully spark new ideas."

Next year marks the 125th anniversary of the first theory that gravity could travel in wave form through space.

It wasn't until last year, however, that more than a decade of research in Louisiana and Washington State finally paid off, Pogosian said, proving that the waves exist for the first time.

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OVERDOSE CRISIS

Frontline workers pan funds decision

Vancouver council has approved $2.1 million in spending to fight the city's deadly overdose crisis, including a controversial $208,000 to create a community policing centre in Strathcona.

Drug users and their advocates vociferously opposed the funds going toward the new community policing centre. They said more policing is not an appropriate response to a public health crisis and suggested the money would be better spent supporting groups like the Vancouver Area Network of Drug Users and Portland Hotel Society in opening more overdose prevention sites and doing peer-to-peer outreach to encourage drug users to come inside or out of their isolated SRO hotel rooms.

"Police are not trusted by the community in the Downtown Eastside," said Matthew Kargis, who has volunteered for several months at an overdose prevention site.

"People trained as medical first responders, people with medical skills in addiction medicine, mental-health workers, frontline organizations like VANDU … these are the people who prevent overdoses."

Doug King, a lawyer with Pivot Legal, pointed out that an extra property tax increase had been levied specifically to raise $3.5 million to address the deadly health crisis, which killed 219 Vancouver residents in 2016.

"In our opinion, community policing has virtually no connection to overdose prevention and it has no connection to harm reduction," he said.

The Strathcona Residents' Association and Strathcona Business Improvement Area spoke in support of the community policing centre, saying discarded needles and property crime are an increasing problem in the neighbourhood.

JEN ST. DENIS/METRO

HOUSING

City zones for more shelter, rental spaces

Wanyee Li
Metro | Vancouver

Vancouver's city councillors at a public hearing approved Tuesday night rezoning applications that would see 75 shelter spaces and almost 300 rental units built.

The projects, which are geared toward families, seniors and low-income households, are being developed in partnership with non-profit BC Housing.

"These new projects at Covenant House, the Masonic Centre and Fair Haven Church will deliver badly needed affordable housing and amenities in the community," said Mayor Gregor Robertson in a written statement.

The release also noted that the rezoning applications were in line with neighbourhood plans.

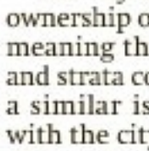
"The city will continue to use all tools available, especially creative partnerships with the non-profit sector like these, to deliver more housing affordability now and for the future," said Robertson.

The new units will be at Vancouver Masonic Centre (1495 West 8th Avenue), Fair Haven United Church Homes (2720 East 48th Street, at Vivian) and Covenant House (530 and 575 Drake Street).

City vows to keep False Creek South ideals

DEVELOPMENT

Area struggling with financial insecurity, aging demographic



Jen St. Denis
Metro | Vancouver

The 1970s-era neighbourhood was designed to be a mix of ages and incomes.

COURTESY CITY OF VANCOUVER

In the 1970s, it was a progressive experiment in city-building, designed to provide a home in the middle of the city for a mix of ages and income levels.

The village-like False Creek South neighbourhood, which lies along the seawall between the Cambie and Burrard bridges, is just as charming today as when it was first built. An elementary school and Charleson Park complete the family-friendly feel.

But the area is now struggling with an aging demographic, financial uncertainty and a tilt toward upper-income homeowners.

"In the 1970s there was a bold experiment to reclaim a piece of the industrial waterfront for mixed incomes and family living," said Gil Kelley, chief planner for the City of Vancouver. "It remains one of those neighbourhoods that's quite attractive and unique."

The city never relinquished ownership of most of the land, meaning that housing co-ops and strata condominiums face a similar issue. With leases with the city due to end 20 to 40 years from now, co-ops can't borrow money at an amortized rate to do big renovation projects. Potential condo buyers can't get amortized mortgages from banks, which means those who do buy tend to be wealthier retirees who don't need to get a mortgage.

"It's really about the financial institutions not giving mortgages for any more than five years less than lease expiry," said Anne Kay, who lives in a strata condominium in the neighbourhood and is a member of a neighbourhood group working with the city on a planning process for the area.

"You can imagine, if you run a mortgage through one of those calculators, a 25-year amortization versus a 15 (year amortization), it makes it unaffordable."

The city is embarking on a complicated project to both settle the legal issue of the leases and start a new planning process for the area. That plan will likely include adding denser housing, especially at the edge of the site.

It's important that the plan be "economically viable," said Kelley. But planners are also committing to ensure that all the current residents will be able to remain in the neighbourhood in affordable housing.

A new model of governance for the land — possibly a community land trust — will also be part of the project. The planning work would also look into street design and a possible streetcar connecting False Creek South to other neighbourhoods in the future.

As the planning proceeds, Kay stressed that it's important the work not spur speculation that would push prices upward.

"We're trying to not stimulate the market by asking for new leases," she said. "It's our intention to make it affordable for families."

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Fired trustee runs as Green

POLITICS

Janet Fraser to contest race in Vancouver-Langara

David P. Ball
Metro | Vancouver

Three months after being fired as a Vancouver School Board trustee by the province, Janet Fraser is going after the government that made that controversial decision over budget disputes.

In the latest instalment of the ex-trustees' version of "Where Are They Now?," Fraser announced Wednesday she'd won the B.C. Green Party's nomination for the Vancouver-Langara riding.

"My values closely align with the Green principles of sustainability, social justice, participatory democracy, respect for diversity, non-violence and ecological wisdom," she said in a statement.

"I would love to serve my community as the next MLA in my home riding of Vancouver-Langara and champion public education, good governance, meaningful climate leadership and an inclusive 21st-century green economy."

Elected a school trustee in 2014 municipal elections, Fraser held the balance of power between Vision Vancouver and Non-Partisan Association slates.

But she's got a tough path ahead, running in the long-time BC Liberal riding currently held by MLA Moira Stilwell, a former provincial Cabinet minister who ran against Christy Clark to succeed ex-Premier Gordon Campbell.

Stilwell revealed she won't be running for re-election in May.

So Fraser will be facing off against the BC Liberals' nominee announced last month, business lawyer and YMCA board member Michael Lee, and an as-yet unannounced NDP candidate.

> **I would love to serve ... as the next MLA in my home riding.**
> Janet Fraser

In the 2013 election, Stilwell collected nearly 53 per cent of the vote, beating the B.C. NDP's George Chow by more than 14 points. The Greens in that riding trailed with just 5.4 per cent — but spent a mere $827 according to Elections BC filings, a fraction of what the other parties spent.

The Greens hold just one seat in the Legislature, party leader Andrew Weaver's in Oak Bay-Gordon Head.

Janet Fraser is running in Vancouver-Langara. B.C. GREEN PARTY

STATISTICS

Tourists liked us in 2016

Wanyee Li
Metro | Vancouver

The year 2016 was a winner for B.C. tourism as more than 5.1 million international visitors arrived in the province from January to November– a 12.2 per cent increase compared to 2015 – according to the B.C. government.

Those numbers, taken from Statistics Canada data, show that more than half a million more people from around the world came to B.C. during those 11 months compared to the same time period in 2015.

Australians appeared to be especially eager to visit B.C. in November, with the number of tourists from that country jumping 60 per cent (compared to November 2015), according to a provincial release.

Meanwhile, the number of visitors from Mexico grew about 35 per cent and the number from France, increased by 19.7 per cent.

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Dine Out Vancouver's World Chef Exchange Brings Fire and Whiskey to the Table

Chef Chris Whittaker, Vancouver's champion of local food, welcomes Chef Ryan McIlwraith, executive chef at Bellota – an acclaimed Spanish-influenced eatery in San Francisco – to Timber Restaurant for *Dine Out*'s World Chef Exchange. On February 1, Spanish and Canadian flavours will meet over wood-fired coal at this epic collaborative dinner. Long-time friends Whittaker and McIlwraith will serve family-style dishes paired with whisky-based cocktails for a flame-charred fiesta – and tickets are selling fast.

Whittaker's second West End restaurant, newly opened Timber, is right next door to his celebrated farm-to-table eatery Forage. Timber pays tribute to British Columbia's rich history and the tough people who built this province, one two-by-four at a time, with the menu reading like a roadmap of Canadian comfort food: daily features include Whittaker's take on bison burgers, elk tourtiere, fish & chips and classic butter tarts, among other iconic regional dishes.

McIlwraith, raised along the coastal waters of Vancouver, is known for his robust and bold-flavoured Spanish dishes, including paellas, seafood and wood-fire grilled options. His inventive menu at Bellota pays homage to Spanish culinary traditions with reimagined recipes that bring a touch of the West Coast to exotic dishes.

The Vancouver World Chef Exchange, presented by Aeroplan, is produced by Tourism Vancouver and supported by Air Canada and the Westin Bayshore. The exchange shares Vancouver's culinary story with the world, and brings great restaurant cities closer together by sharing ideas, experiences and talents through collaborative dining experiences.

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A new citizen sworn in at a ceremony in Toronto on April 24, 2014. TORSTAR NEWS SERVICE

Immigration on the rise

RESEARCH

One in three people could be immigrants in 20 years

A new Statistics Canada survey says almost half the country's population could be an immigrant or the child of an immigrant within the next 20 years.

It suggests the proportion of immigrants in Canada's population could reach 30 per cent in 2036 — compared to 20.7 per cent in 2011 — and a further 20 per cent of the population would be the child of an immigrant, up from the 17.5 per cent recorded in 2011.

The numbers released Wednesday are a far cry from the country's first census of the population in 1871 — four years after Confederation — when 16.1 per cent of the 3.7 million people in Canada were born abroad, with Britain, the United States and Germany as the most likely countries of origin.

The population projections show immigration will alter the country's cultural landscape under all scenarios Statistics Canada explored as part of an ongoing project to map out Canada's future as the nation turns 150 years old.

In Quebec, the percentage of people who claim French as their mother tongue is expected to drop to between 69 and 72 per cent in 2036, down from 79 per cent in 2011.

Up to 30 per cent of Canadians in 2036 could have a mother tongue that is neither English nor French, a potential jump of 10 points from 2011.

Researchers concluded more than half of the country's immigrants will be of Asian origin within the next two decades, with a corresponding decline in the number of European immigrants.

Visible minority populations would make up a growing percentage of the working age population, defined as people between the ages of 15 and 64, potentially doubling their share to 40 per cent of the age cohort, up from the almost 20 per in 2011.

The projections also suggest that by 2036, between 13 and 16 per cent of the population would be people from a non-Christian religion, up from the nine per cent recorded in 2011.

THE CANADIAN PRESS

BY THE NUMBERS NEWCOMERS

30 Proportion of immigrants in Canada could reach 30 per cent in 2036.	**20** Per cent of the population in 2036 that could be children of immigrants.
50 Researchers say more than 50 per cent of immigrants will be of Asian origin.	**16.1** Per cent of the 3.7 million people in Canada born abroad in 1871.

RETIREMENT

CPP hard to understand, say reports

Internal evaluations of the Canada Pension Plan show the retirement system is poorly understood by most of the public — a problem retiree Evan Brett avoided only through luck and meticulous record keeping.

The 76-year-old realtor and his wife Latifah dove into their files at their Langley, B.C., home a decade ago when Latifah applied for retirement benefits. The documents they happened to have stockpiled ensured they were able to maximize the benefits they receive today.

Brett said he knew enough about the Canada Pension Plan to avoid tripping over application hurdles. But he is sure others aren't well-versed.

Evaluations drawing from workers, retirees and Service Canada officials show Canadians are confused about what they need when applying for CPP benefits, have a hard time understanding information on websites and don't completely understand the retirement program.

The reports recommend more outreach and advertisements to help seniors navigate the system and avoid frustration when they apply.

Service Canada officials noted that many clients don't know they have to ask the government to deduct taxes from CPP payments. "They assume that such taxes are automatically deducted from their CPP benefits," one report said.

The reviews showed that Indigenous people who live on reserve often don't learn until they turn 65 that they won't receive CPP retirement benefits because employers on reserve aren't required to contribute to CPP.

THE CANADIAN PRESS

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DAY 6 DONALD TRUMP'S ADMINISTRATION

A look at his latest plans and some of the difficulties he may encounter

THE ASSOCIATED PRESS

1 BORDER WALL

Trump directed the Homeland Security Department to start building a wall at the Mexican border. A 2006 law gives Trump the authority to proceed with construction, but he will need billions of dollars from Congress. He says Mexico will ultimately pay for the wall, but Mexico insists it won't. Environmental groups and some landowners will likely try to block the plan.

2 SANCTUARY CITIES

Trump announced a crackdown on cities that don't cooperate with federal immigration authorities, pledging to strip them of grant money. But the administration may face legal challenges. Some courts have found local jurisdictions can't hold immigrants beyond their jail term or deny them bond based on a request from immigration authorities.

U.S. President Donald Trump displays an executive order he signed during a visit to the Department of Homeland Security. GETTY IMAGES

3 VISA RESTRICTIONS

Trump says he will suspend the issuance of U.S. visas in countries where adequate screening cannot occur and suspend immigrant and non-immigrant entry for citizens of countries of particular concern for 30 days. Federal law gives Trump authority to suspend immigration for groups of people whose entry is "detrimental to U.S. interests."

4 REFUGEE RESTRICTIONS

Trump is proposing to reduce the maximum number of refugees by more than half, to 50,000, for the budget year ending in September. Trump has the authority to set the limit of how many refugees can be admitted annually. He can also suspend refugee processing. Refugee processing was temporarily suspended in the aftermath of Sept. 11.

5 EPA SCIENCE SCRUTINIZED

The Trump administration is scrutinizing studies published by scientists at the Environmental Protection Agency, and new work is under a "temporary hold." The communications director for Trump's transition team at EPA said the review extends to all content on the agency's website, including details of scientific evidence showing that the Earth's climate is warming and man-made emissions are to blame.

6 INTERVENTION IN CHICAGO

On Tuesday night, Trump declared he was ready to "send in the Feds" if Chicago can't reduce its homicides. But Mayor Rahm Emanuel warned against deploying the National Guard, saying it would hurt efforts to restore trust in police. Trump gave no details on what kind of intervention he was suggesting, but Emanuel cautioned using the military could make matters worse.

Sexist posts on women's marches backfire badly

A school board member in Hillary Clinton's hometown resigned after making a derogatory reference on Twitter to the female anatomy in describing women marching against President Donald Trump. An Illinois teacher was pulled from the classroom for a tweet deemed sexist. And a freshman Indiana lawmaker was inundated with criticism over a Facebook post mocking "fat women."

These are a handful of examples from across the U.S. of mostly male public officials who have been reprimanded over social-media postings about the women's marches last weekend.

In Indiana, Republican House Speaker Brian Bosma says he's conducting social-media tutorials after posts from lawmakers.

A weekend Facebook post by Indiana state Rep. Jim Lucas, a Republican, showed a photo of a woman sprayed in the face with pepper spray with a caption that read: "PARTICIPATION TROPHIES. NOW IN LIQUID FORM."

Another post by Indiana state Sen. Jack Sandlin, also a Republican, credited Donald Trump with getting "more fat women out walking than (former first lady) Michelle Obama did in 8 years."

It's also not strictly a partisan issue. A writer for Saturday Night Live was suspended this week after writing an offensive tweet about Trump's 10-year-old son Barron. THE ASSOCIATED PRESS

Protesters march near the White House on Jan. 21. AFP/GETTY IMAGES

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metro VIEWS
Your essential daily news
Thursday, January 26, 2017

CHANTAL HÉBERT ON ELECTORAL REFORM

What is certain is that the consultation reinforced neither the prime minister's preferred option nor the notion that he has the social licence to act unilaterally and impose a system of his own choosing.

With every new development on the electoral reform front the disconnect between Prime Minister Justin Trudeau's words on the promised introduction of a new voting system and his government's actions is more glaring.

Such was again the case this week as the government reported on the public response to the online consultation it held over the holiday season.

The discretion that attended the release was inversely proportional to the fanfare that had attended the launch of the exercise last month. It failed to inspire a 140-character tweet to flag its existence from Karina Gould, the incoming minister of democratic institutions.

That may be because a mountain predictably gave birth to a mouse. Although an invitation to participate in the consultation was mailed to every household, less than 3 per cent — or about 400,000 people — answered the call.

Or it may be because the answers were not the ones Trudeau was hoping for.

Despite the obvious limitations of the exercise, the result did offer some insights a government looking to craft a consensual narrative on a new voting system could use.

For instance, almost three quarters of respondents agreed that government policies should take into account the input of several parties, even if — as was pointed out in the questionnaire — it might take longer to get things done.

Sixty-eight per cent believed that a majority government should be open to compromise to the point of reconsidering, if need be, some of its policies.

APATHY: CHECK A survey of Canadians' feelings on voting systems revealed we're not on the verge of taking to the streets to demand electoral reform, Chantal Hébert writes. THE CANADIAN PRESS

It is not hard to find between the lines of those answers a healthy dose of skepticism towards the false majorities that the first-past-the-post system produces or the winner-take-all attitude that often results from them. There seems to be a significant market for a less adversarial more constructive modus vivendi between the government and the opposition parties.

Neither of the above made the list of key findings of the executive summary. One had to dig into the report to find them.

In their wisdom its authors chose instead to give pride of place to the response to what may have been one of the least illuminating questions in the consultation, i.e. the relative satisfaction of a majority of respondents with the state of Canada's democracy.

For the record, by far the largest group — 50 per cent — was only somewhat satisfied.

On its face, that finding is too generic to draw a conclusion other than that Canadians are not on the verge of taking to the streets to change the voting system.

But based on the strength of the support for a more collaborative governance process, it is possible to infer that the satisfaction of a good many respondents might be less qualified under a system liable to force more co-operation on the various parties. Proportional representation fits that particular bill.

It may be that those who filled the questionnaire were those who are most eager to move to a more proportional voting system. Advocates of a reform along those lines did dominate the public hearings held by a parliamentary committee last year. Only a minority favored the ranked ballot that Trudeau is on the record as liking.

What is certain is that the consultation reinforced neither the prime minister's preferred option nor the notion that he has the social licence to act unilaterally and impose a system of his own choosing.

What, if anything, the government will do with those results is anyone's guess.

No one can even say for certain whether the appointment of a new minister of democratic institutions earlier this month was meant to restore some momentum to the file or to recruit fresh hands to bury it.

Chances are Gould does not know herself or at least she did not at the time of her appointment. On the heels of her accession to cabinet, the rookie minister refused to repeat Trudeau's promise that the 2015 election would be the last to be held under the first-past-the-post system.

By all indications, Gould, like her predecessor Maryam Monsef, has not been given anything approaching a free rein with the file. Perhaps she was waiting on an updated mandate letter from the Prime Minister's Office to figure out what her marching orders actually are.

As an aside, absent an ambitious electoral reform project, how does one justify the existence of a stand-alone democratic institutions ministry now that the transition to a more independent Senate is well underway?

Absent an ambitious electoral reform project, how does one justify a stand-alone democratic institutions ministry?

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

Welcome to Dark Riverdale, where Archie goes rogue

David Berry
For Metro

A mother forcing pills on the girl next door. A respectable local businessman with ties to organized crime. A sexpot school teacher carrying on an affair with one of her underage students.

Yes, it's just another day in Riverdale, home of Archie and the gang for 80 years and namesake of a dark and sexy teen murder-mystery that premieres on the CW in the U.S. on Thursday and on Netflix in Canada on Friday.

For people who tend to think of Archie's problems as more of the I-spilled-a-milkshake-on-my-sweater-vest variety, the show will be as surprising as a bolt of lightning from the technicolour-blue cover of a Double Digest. It's the most mainstream iteration of a decade-long attempt to modernize Archie, which has seen the quintessential teenager gradually shed his gee-wilikers roots and step saucer-eyed into a new century.

Most of this work has appeared in Archie Comics themselves, new management having shaken off the idealistic malaise that kept the comic chugging for more than half a century. Archie has gotten married, dealt with the ennui of adulthood, met the first gay person in Riverdale — then died saving him from an assassination attempt. Even his best pal, Jughead, came out as one of the first asexuals openly depicted in mainstream pop culture.

If the obvious motive here is profit — you can only make so much money off things people fondly remember from childhood — the tactics of bringing Archie up-to-date suggest some interesting things about what we'll buy these days. It's not just a makeover that Archie has needed, but a wholesale change of milieu: a simple and idyllic world simply isn't going to fill Pop's Chocklit Shoppe anymore.

Part of why we reject old-line Archie is that it's a vision of how we might like things to be. We know that things were never so simple, that a more complex world has always existed under the bright colours. And yet the new interpretations are still aspirational (see: Archie's brand new abs); it's just now they must sneak under our defences with a nod to uncomfortable realities.

Of course it might just be matter of target audience: it should probably go without saying that Riverdale is being made for a young demographic, one that's in the process of moving from the bleak, unrelenting morass of selfish teenaged anxiety toward the bleak, unrelenting morass of slightly less selfish adult chaos. The thirst for darker stories might not be a cultural shift so much as a generational one.

In which case, one day, soon enough, the kids will get to look back on the time Archie was screwing his teacher in the wake of one his friends being murdered and marvel at how simple it all seemed back then.

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metro LIFE 39

Dad, get off Facebook! 35- to 49-year-olds average six hours and 58 minutes a week on Facebook. Millennials (aged 18 to 34) spent 39 fewer minutes on the site.

Your essential daily news

Thursday, January 26, 2017

Subversive style

Nichole Jankowski/For Metro

Trends don't happen in a vacuum. What walks down the runway for 2017 is directly influenced not just by the seasons that came before, but also by the economy and political climate.

'80S POWER SUITS

If the popularity of Netflix series Stranger Things wasn't enough of a hint, a look to the runway will tell you that the eighties are back in full force. This trend is best illustrated in the wide shoulders and power suiting prominent in both men's and women's collections — and as seen here on stylist Asena Saribatur during Istanbul Fashion Week.

BUY NOTHING AT ALL

Fashion may have a reputation for being elitist, but Georgian designer Demna Gvasalia just handed the power back to the people. For Balenciaga, Gvasalia sent outfits inspired by office workers down a runway of drab commercial carpeting. The populist message was driven home by an altered version of Bernie Sanders' campaign logo on designs. For Vetements (pictured top), 36 looks of stereotypical everyday dress were presented. There was a punk, an emo, a couch potato, a southern gentleman, PTA parents and pensioners. It was a show about identity, diversity and unity. This is the most subversive — and empathetic — menswear trend of 2017: it requires that you purchase nothing at all.

STATEMENT SLEEVES

An emphasis on arms began in streetwear a few years ago, but graphic sleeves and stretched-out knits now seem mild in comparison to this year's leg of mutton, bell, bishop and puffed sleeves. Marc Jacobs, Gucci, Saint Laurent, Simone Rocha and Marques Almeida (pictured left, beside DJ Mia Moretti in pink) all showcased these voluminous silhouettes. Pick a less structured fabric like a cotton or knit to make the trend more wearable.

ALL PHOTOS GETTY IMAGES

Mary Tyler Moore had an unerring gift for comedy; perfectly fashioned to the smarter wit of the post-Eisenhower age. The actress died Wednesday at the age of 80.

TORSTAR NEWS SERVICE FILE

CELEBRITY DEATH

Comic icon Mary Tyler Moore leaves legacy

Mary Tyler Moore, the star of TV's beloved The Mary Tyler Moore Show whose comic realism helped revolutionize the depiction of women on the small screen, has died.

Moore died Wednesday with her husband and friends nearby, her publicist, Mara Buxbaum, said. She was 80.

Moore gained fame in the 1960s as the frazzled wife Laura Petrie on The Dick Van Dyke Show. In the 1970s, she created one of TV's first career-woman sitcom heroines in The Mary Tyler Moore Show.

She won seven Emmy awards over the years and was nominated for an Oscar for her 1980 portrayal of an affluent mother whose son is accidentally killed in Ordinary People.

She had battled diabetes for many years. In 2011, she underwent surgery to remove a benign tumour on the lining of her brain.

Moore's first major TV role was on the classic sitcom The Dick Van Dyke Show, in which she played the young homemaker wife of Van Dyke's character, comedy writer Rob Petrie, from 1961-66.

With her unerring gift for comedy, Moore seemed perfectly fashioned to the smarter wit of the new, post-Eisenhower age. As Laura, she traded in the housedress of countless sitcom wives and clad her dancer's legs in Capri pants that were as fashionable as they were suited to a modern American woman.

Laura was a dream wife and mother, but not perfect. Viewers identified with her flustered moments.

But it was as Mary Richards, the plucky Minneapolis TV news producer on The Mary Tyler Moore Show (1970-77), that Moore truly made her mark.

At a time when women's liberation was catching on worldwide, her character brought to TV audiences an independent, 1970s career woman.

Mary Richards was comfortable being single in her 30s, and while she dated, she wasn't desperate to get married.

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metro HOME

Your essential daily news

Anyone? Lil' Wayne's Miami Beach house has been on the market for almost two years

MEET THE CONDO

Living along the Fraser River

CONTRIBUTED

Project overview

Monaco is the final condo development as part of Parc Riviera's 20-acre master-planned community along the Fraser River in Richmond. This 6-storey building features 98 units, although 70 are already sold before the building is slated for completion in the Winter of 2018, or at latest early 2019.

Housing amenities

Residents have access to an extensive clubhouse, fitness centre, lap pool and hot tub. Units have nine-foot ceilings with oversized balconies, and bathrooms with quartz countertops and imported porcelain tile flooring. The rest of the house has hardwood flooring and carpet in the bedroom with geothermal heating and air conditioning.

Location and transit

Along the Fraser River residents have the benefit of choosing from several options to reach Vancouver. Easily commute with a 10 minute walk to Bridgeport SkyTrain Station and bus terminal, or take a vehicle and drive over the Oak Street Bridge just three minutes away.

In the neighbourhood

Residents of Monaco have the luxury to walk, run, or ride along the 4,000 ft. riverfront dyke trail, walk their children to the onsite daycare facility, or grow organics in the community garden. There's plenty of nearby restaurants and services, including entertainment such as the River Rock Casino.

NEED TO KNOW

What: Monaco at Parc Riviera
Developer: Dava Developments
Location: River Drive, between No. 4 Road & McLennan Ave.
Building: Six-storey condominiums
Sizes: Starting at 848 sq. ft.
Model: One bedroom + den up to four bedroom
Pricing: Remaining units start at $392,900
Status: Selling
Occupancy: Winter 2018 or early 2019
Sales centre: Unit 1020, 10013 River Drive, Richmond
Phone: 604-231-5900
Website: parcriviera.com/condos

SMITHSONIAN

Design by the people, for the people

By the People: Designing a Better America is not your typical design show. There is no posh furniture, and any glitz comes intertwined with grit. The show is a paean to local ingenuity and "can do" spirit.

These are designs intended to save lives or improve the quality of life for communities in need.

The show, on view at the Cooper Hewitt, Smithsonian Design Museum here through Feb. 26, features 60 design projects from across America. Some aim to expand access to education, food, health care and affordable housing. Others are meant to increase social and economic inclusion or improve alternative transportation.

The vast exhibit was organized by Cynthia E. Smith, the museum's curator of socially responsible design, who travelled tens of thousands of kilometres and devoted over two years to exploring shrinking post-industrial cities, sprawling metropolitan areas, struggling rural towns, and places hit by disasters or poverty, in search of inspiring design projects.

"I travelled to places of persistent poverty, to reservations. One big takeaway is that poverty is often hidden, but it is all around us," Smith says.

"I hope people going through the exhibit begin to see that the causes of poverty are old and complex, and so the design solutions to various aspects are also complex."

For instance, the exhibit features Cleveland's Evergreen Cooperatives, meant to build wealth for low-income residents while reducing the area's carbon footprint. The co-operatives, which include a green laundry, an alternative-energy enterprise and a hydroponic greenhouse, provide training and create jobs, while also serving area hospitals and businesses.

Also in Cleveland, the Collinwood Community Center, built on the site of a former K-mart store, has turned a blighted eyesore into a colourful community hub with pools, gyms and other facilities.

THE ASSOCIATED PRESS

By the People: Designing a Better America looks at how design can factor into creating better communities, and how the members of those communities can influence good design.

MATT FLYNN/COOPER HEWITT, SMITHSONIAN DESIGN MUSEUM

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Saturday, January 28 - 1:00 PM to 3:00 PM
Sunday, January 29 - 1:00 PM to 3:00 PM

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5 EMERGING TRENDS IN CANADIAN DESIGN

Canadian designers seem to have fallen in love with natural materials, and nowhere was that clearer than at Toronto's Interior Design Show. **GENNA BUCK/FOR METRO**

CONTRIBUTED

1 On cloud nine

Toronto-based baby furniture seller Ella+Elliot set up a Lilliputian play space plush cloud rockers imported from the Netherlands and a 3-D foam puzzle Tetricube, all on synthetic grass from Toronto landscape architecture firm Design Turf. Cityscape-inspired space dividers complete the look.

GENNA BUCK/FOR METRO

2 Upcycle

Repurposed wood from around the world is the medium of choice for artisan S. Salem, the brainchild behind Canadian Green Design. The material forms the backbone of a working sink and kitchen counter and an imposing redwood coffee table set off with a playful indoor swing under the soft light of Edison-inspired yellow light bulbs.

3 Room on (fake) fire

Despite the name, Canada's Nero Fire Design does not work with actual fire. Instead it makes custom hearths with all the trappings of the real thing but "no liability factor," says Andres Castro, director of sales for Dimplex, the parent company. Hidden speakers make a crackling sound on-demand.

GENNA BUCK/FOR METRO

4 Living furniture

Canada's HiGarden company makes living furniture. Its signature item, the VIGA (vertical indoor gardening & aquaculture), is a three-tiered mini ecosystem. The top tier has water, edible plants and a naturally filtering clay base. The second tier has more plants and the third has fish. Nutrients from the plants filter down to the fish, and an electric pump returns the fish waste to the top tier, where it fertilizes the plants. Available in desktop and bookcase versions — with plants included for an extra $150 — the VIGA is "self-sustaining," says communications rep Michelle Lee. "The only input is the fish."

COURTESY NELSON COSTA/AYA KITCHENS

5 Hip to be square

The Cubey kitchen, a collaboration between Mississauga-based cabinetmaker Aya Kitchens and Canadian architecture firm Partisans, is a modular design, "just like Lego" says design consultant Kirth Manku. It's made of cubes that can be mixed around and rearranged. Some are covered and fashioned into drawers, others serve as open-concept storage, and some contain grass or vertically creeping plants. It's a prototypical design, unveiled for the first time at the design show, so there's no price tag yet.

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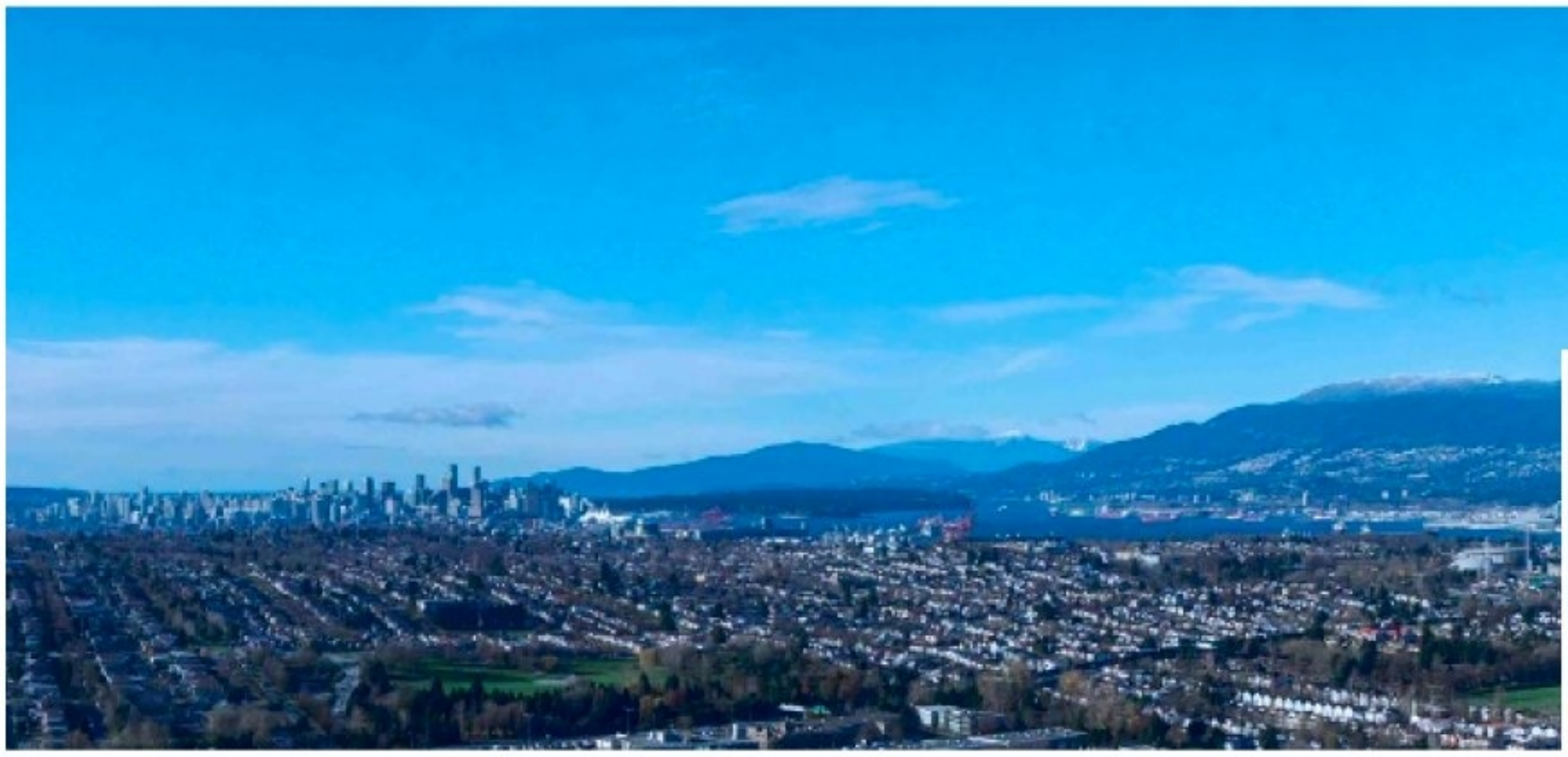

CONTRIBUTED

Next release of luxury condos at Triomphe

Since the development launched in October, it's drawn crowds for its beautiful, European-style homes and quality finishes — at prices Vancouverites can afford.

The first release of homes at Triomphe has sold out. Now, thanks to popular demand, the second release is available.

"Quality, plus affordability, plus a great location make the winning combo at Triomphe that's stood out for our buyers," says Shahram Malek of Millennium Development Group, the developer of Triomphe. "Not to mention our views — they're unparalleled."

The development is located in Brentwood in one of the highest elevated spots in Burnaby, offering buyers a spectacular view of the city. Triomphe's floor-to-ceiling windows and large patios will present residents with sweeping vistas of Vancouver's skyline and cityscapes, mountains and water.

The nine-foot ceilings invite plenty of natural light into every home.

Other attractive features that have been drawing buyers' praise are the efficiency and functionality of Triomphe's layouts. The award winning architect Chris Dikeakos and internationally known interior designer Mitchell Freedland Design, made sure they made use of every corner, with convenient storage solutions and layouts that maximized space.

You'll find everything you need to work like a star chef in the kitchen, and make it your own. Kitchens at Triomphe come standard with two-tone, soft-close European cabinetry, polished white quartz slab countertops, a marble-inspired porcelain backsplash, and a stainless steel, high-performance Bosch appliance package.

Continuing the feel of European luxury, just light an aromatherapy candle and the spacious bathrooms become a quiet retreat. Perfect for relaxing in the soaker tub after a long day. The master bathrooms have backlit mirrored cabinets, white quartz countertops and elegant, large-format porcelain tiles.

Comfort isn't just about looks. Residents at Triomphe will feel comfortable all year round with air-conditioning in every home.

Why is quality a priority at Triomphe? Because it's built by a quality developer. Millennium Development Group has more than 50 years of experience in developing beautiful, livable homes — 30 years of that experience in Burnaby.

Needless to say they know what Lower Mainland homebuyers are looking for, and have extensive experience ensuring that buyers get just that.

"The homes at Triomphe have the luxury of a grand European hotel, yet the prices are reasonable and accessible for first-time buyers," says Malek.

One-bedroom homes at Triomphe start in the $380,000s, two-bedroom and one-bath homes start in the $470,000s, and two-bedroom and two-baths start from the $580,000s.

To learn more about Triomphe, visit the development's 10,000-square-foot presentation centre, which includes two full display suites. The Triomphe presentation centre is located at 4247 Unit B Lougheed Highway in Burnaby. It's open daily, except Fridays, from 12–5 p.m.

EXACTLY WHERE YOU WANT TO BE

Who says downtown is the ideal place to live? If you want good quality of life, an affordable home near a SkyTrain station is the way to go.

When that home is a luxury condo at Triomphe, within reach of the bustling shops and services of Brentwood Mall, the choice seems obvious.

The development, located about a three-minute walk from Gilmore SkyTrain Station in Burnaby, will be set back from the major intersections for a more subdued, easygoing ambiance.

Yet residents will have all the amenities of the city at their fingertips.

Brentwood Mall is one of the fastest-growing malls in Burnaby. Its amenities are close at hand, with groceries from Whole Foods available any time you need them, and the mall's more than 90 stores, including all your essential and more.

Go there on weeknights to pick up groceries for dinner on your way home, or head there on a weekend to see a movie or meet a friend for coffee.

Triomphe is also a great location for students. BCIT's main Burnaby campus is a very short bus ride away, SFU is easy to access via the SkyTrain — just get off at Production Way SkyTrain Station, just a few stops down the line.

When buyers want to get into downtown Vancouver, it only takes 15 minutes via SkyTrain from Gilmore Station.

"With your proximity to the SkyTrain at Triomphe, you won't necessarily need a car. That's part of the beauty of this location — it will save you money and your precious time," says Malek. "It's perfect for those who commute downtown, or anywhere else along a SkyTrain line."

Limited availability

For a limited time, buyers have the chance to take advantage of a rare opportunity. Buy at Triomphe now and the developer will pay 50 per cent of your mortgage payments for two years. This means you can own a one bedroom + den for only $600 per month and a two bedroom + two baths for only $730 per month. The program is a great way for new buyers to get into the market, and could save you up to $22,000.*

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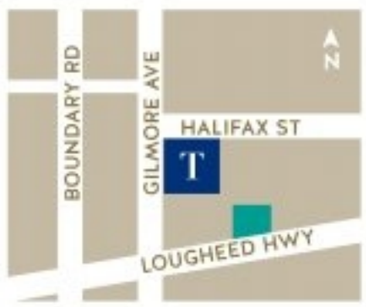

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New year, new financial you

BUDGETING

How to recover from a holiday spending hangover

Ryan Starr

Once the bills are sorted, the budget's created, and spending has been curbed, consider other ways you could generate income. Maybe there's a small business waiting on the horizon. ISTOCK

If you had a heavy-spending holiday season, racking up credit card debt and overdraft charges as you partied and gifted to your heart's delight, you're likely looking to get things in order now the new year's here.

While it can be difficult to recover when you're facing a mountain of debt, the situation can be avoided next year with a bit of planning and discipline starting now.

"It's just like a diet," says financial literacy consultant and best-selling author Robin Taub. "Better to eat in moderation throughout the year than to try to lose excess pounds you put on throughout the holidays."

Here are some ways to get your personal finances back in shape.

Analyze spending

It's essential that you have a full understanding of where all your money is going. "If you think you're spending $100 a month off entertaining but it turns out you're spending $400," says Wade Stayzer, vice-president of sales and service with Meridian Credit Union, "then you've got a gap you need to address by shifting your priorities or finding dollars somewhere else. Take advantage of online tools that enable you to track spending and to set up alerts (via text or e-mail) to notify you when you're approaching a low balance in your bank account, or over-spending in a particular category. Taub recommends drawing up a personal net worth statement, calculating everything you own versus the debt you owe. "Then you'll really know where you stand."

Make a budget

Once you have a good picture of how you spend, it's time to create a budget, the cornerstone of any sound financial plan. But a budget only works properly if you stick to it. "It's like going to the gym," says Stayzer. "Make some progress and it becomes habit-forming." There are online tools that help you to create a budget. Look at ways to save on monthly fixed costs, such as your cable TV/Internet/wireless package or insurance policies, whether it's home, auto or life. Shop around and find ways to cut back on your monthly expenditures "Things are more negotiable than you might realize," says Taub. If you're overwhelmed by all this, don't be afraid to ask for help. A qualified financial advisor can walk you through your spending plan and ensure you're being realistic about your budget, and offer tips on how to better handle your finances.

Pay down debt

High interest credit card debt can be a killer. So paying this off must be your top priority. Try to pay down as much as possible, not just the minimum monthly amount. Ideally you should strive not to carry any credit card balance, as interest rates and penalties for late payments are hefty. If you must, look into opportunities to consolidate your multiple credit card debts at a lower interest rate. Once you're paid down your credit card debt, Stayzer recommends that going forward you transfer money from savings or chequing accounts after you've spent on your cards, especially online, where it can be harder to keep track of expenditures.

Start saving

With debt addressed, it's time to start saving. The recommended approach is to make regular contributions throughout the year, and the golden rule is to pay yourself first, ideally by setting up automatic transfers to a savings account, such as a Tax Free Savings Account or Registered Retirement Savings Plan. "Then you figure out how to live with the money that's remaining," says Taub. "But you won't have the problem at the end of the year where you need to scrape together money for your RRSP, because it's already done."

If your company has a pension plan, with matching employer contributions, it's best to max this out to take full advantage. If you're setting up a personal RRSP, make use of "robo-advisor" services — online platforms that can help you to determine your investing objectives, experience, tolerance for risk, and time horizon, and then create a personalized portfolio for you that's tailored to meet your needs.

Earn more

You've taken your personal finance snapshot and created a budget, but now you're feeling limited by it. So why not look at ways to make extra money. If you're a salaried employee, ask for a raise. If you're an hourly worker, request more hours. "Or some people have side hustles, jobs they do on the side," Taub says.

That side hustle could eventually be turned into a burgeoning small business, and who knows where things could go from there.

For a fun way to fatten up your savings account, take Stayzer's 52-week challenge: put away $1 the first week, $2 the second, all the way to week 52, when you'll have racked up $1,400, and likely not even noticed.

"You should have fun with savings," he says. "It doesn't have to be all toil and trouble."

Budget bytes: Best apps to keep spending on track

Just because you can afford a fancy smartphone – and accompanying data plan – doesn't mean you've got money to burn, especially since those post-holiday credit card bills rolled in.

The good news is there are many free money management apps that can get you back on track – taking weight off your wallet, while tracking your spending throughout the year.

Considering half of Canadians are spending all or more of their pay cheques, according to a recent Canadian Payroll Association survey, why not get all the free help you can get? Here are a few recommendations:

Mint

Just like the website it's based upon, Intuit's Mint app helps you set budgets, track expenses, and reach financial goals. Easily see what you're spending (and saving) through colour-coded lists, charts and graphs, plus you can track your bank account and credit card balances in real-time, follow investments (including RRSP contributions and balances), and even break out your expenditures by category. Choose to receive alerts when it's time to pay a bill or if you've exceeded your budget. See your credit score, export spreadsheets, and glance at info on your smartwatch. Another convenient feature: a weekly summary email of your money, along with a tab that shows the history of your spending, income, and even net worth over time. Easy to use yet comprehensive in its scope, Mint could be a powerful tool in your arsenal.

moneyStrands

Another smart money management app, moneyStrands lets you instantly and securely access bank and credit card accounts, set budget targets (segregated into categories, such as bills, groceries, car, home, etc.), input dates in a calendar to pay bills (or better yet, have the payments made automatically), track your investments, and see money exchange rates from around the world. If you're saving for something big, like a vacation, you can also use moneyStrands to set a target and track your progress as you work towards your financial goal. Like Mint, you can set up various alerts on your phone or tablet for important finance-related reminders, glance at your financial health with colourful charts and graphs, and this app can also synchronize with the more robust moneyStrands website.

Receipts by Wave

Ideal for freelancers and small businesses, the Toronto-based Receipts by Wave helps you track and categorize all of your paper receipts and, if desired, export them into Wave's free cloud-based accounting software. Specifically, after signing up for a free account, the first step is to use your phone's camera to snap a photo of your receipt, invoice or bill. The OCR (optical character recognition) technology will then process the info and automatically digitize its dollar value, date and other information (you can make changes, if data processed is not 100 per cent correct). Next, select which category the receipt belongs to, such as parking or restaurants. You can submit your receipts via the app, uploaded from the web, imported from cloud accounts (like OneDrive, Google Drive or Dropbox), or emailed to receipts@waveapps.com.

Flipp

Also from Toronto is Flipp, a shopping app designed solely to help save you money. As the name suggests, Flipp lets you use your fingertip to flip through hundreds of flyers from nearby retailers — whether it's a supermarket, clothing chain, department store, big box electronics outlet, home improvement centre, and so on — and you'll be able to see and virtually clip the sales offered at these locations. Wirelessly print coupons, save deals to a shopping list, and even read reviews or watch product videos. What's more, you can load up all your loyalty cards, such as Shopper's Optimum and the SCENE card, so you don't need to carry all that plastic with you to the mall; the cashier simply scans your phone for you to collect the rewards. For online shoppers, the eBates app and website gives you a percentage back on purchases made online at (many) participating stores. MARC SALTZMAN

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metro SPORTS

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Canucks defenseman Troy Stecher, center, struggles to control the puck as Colorado Avalanche center Carl Soderberg, left, of Sweden, and left wing Andreas Martinsen, of Norway, defend in the first period in Denver. DAVID ZABULOWSKI/THE ASSOCIATED PRESS

Canucks' Baertschi strikes to edge Avs

NHL

Vancouver moves ahead of Flames in 2nd wild card spot

Sven Baertschi got his second goal of the game with 8:14 left, Markus Granlund also had a goal and the Vancouver Canucks beat the Colorado Avalanche 3-2 on Wednesday night.

Jacob Markstrom stopped 30 shots for the Canucks. Vancouver has 52 points and sits in the second wild card in the Western Conference, one point ahead of Calgary. The Canucks have played two fewer games than the Flames.

Vancouver took a 2-0 lead early in the second, but the Avalanche tied it on goals by Mikko Rantanen in the second period and Matt Nieto at 6:18 of the third. Baertschi, who had two goals against Colorado on Jan. 2, got the winner when he tipped in a pass from Henrik Sedin.

Baertschi's backhander in front of a crowded Colorado net gave the Canucks a 1-0 lead at 6:55 of the first period. Granlund scored off a turnover at 7:04 of the second to make it 2-0.

WEDNESDAY in Denver

3	2
CANUCKS	COLORADO

Calvin Pickard had 38 saves, half of them in the first period when Vancouver threw 20 shots on net. The Avalanche are 1-14-2 at home since Nov. 15. and have scored just 32 goals in those games. Colorado has an NHL-low 93 goals in its 47 games.

Avalanche centre Matt Duchene was back in the lineup after missing Monday's game with a stomach virus. The bug had bothered him for a few days before that, but it really knocked him down when San Jose was in town.

THE ASSOCIATED PRESS

IN BRIEF

Timbers to take Adu on trial

Freddy Adu will join the Portland Timbers on trial during the preseason, the team said Wednesday.

Adu, 27, is expected to be with the Timbers this week in training camp in Tucson, Arizona, the team said. When he was 14, Adu was the No. 1 pick in the 2004 Major League Soccer SuperDraft, going to D.C. United. He is the youngest player to score a goal in league history. He left MLS for the first time in 2007 and bounced around Europe. He played for 13 teams in 13 years. THE ASSOCIATED PRESS

Egypt into AFCON quarters

Egypt made sure its long-awaited return to the African Cup of Nations will last at least one more match as it clinched the last quarterfinal place with a 1-0 win over Ghana on Wednesday.

Mohammed Salah's 11th-minute free kick saw Egypt take spot in Group D from the Ghanaians on the final day of group games in Gabon, eliminating Mali, which drew 1-1 with Uganda.

Egypt, the record seven-time champion, needed to win to progress at its first African Cup in seven years. THE ASSOCIATED PRESS

AUSTRALIAN OPEN

Injury and Nadal spoil Raonic's party

Canadian tennis star Milos Raonic limped out of the Australian Open on Wednesday after a nagging thigh injury flared up during a quarter-final loss to Spanish star Rafael Nadal.

Raonic, the third seed from Thornhill, Ont., was trying to repeat his best showing at the Grand Slam tournament by reaching the semifinals for a second straight year. He lost to Andy Murray in the 2016 semis.

Many wondered if this was Raonic's year after top-ranked Murray and No. 2 Novak Djokovic were upset in earlier rounds.

It has been a struggle from the beginning, however, as Raonic came down with a cold early in the tournament and was bed-ridden for a day.

Milos Raonic GETTY IMAGES

He appeared to be feeling better by Wednesday, but then had a recurrence of an adductor injury in the 6-4, 7-6 (7), 6-4 loss to Nadal. Nadal returns to the final four at a Grand Slam tournament for the first time since winning the 2014 French Open. Nadal will play Grigor Dimitrov on Friday, the day after 35-year-old Roger Federer takes on 31-year-old Stan Wawrinka in an all-Swiss semifinal.

THE CANADIAN PRESS

Excruciating pain to X Games glory

SLOPESTYLE/BIG AIR

O'Brien back on board after finding relief from arthritis

Spencer O'Brien feels like her normal gnarly self on her snowboard. There was a time when she felt anything but that.

Diagnosed with rheumatoid arthritis just weeks before the 2014 Olympics in Sochi, Russia, the 28-year-old from Courtenay, B.C., feels comfortable talking about the disease now because she has it under control.

"Once I was healthy again, looking back, it was kind of mind-blowing," O'Brien said on Wednesday from Aspen, Colo.

"I was so grateful to be healthy again and be snowboarding."

O'Brien will try to defend her X Games slopestyle gold Saturday in Aspen, but she'll compete first in the return of women's Big Air on Thursday.

Snowboard Big Air will be on the Winter Olympic program for the first time next year in Pyeongchang, South Korea.

Spencer O'Brien competes in the X Games' Big Air competition on Thursday in Aspen, Colo. MADDIE MEYER/GETTY IMAGES

O'Brien was considered an Olympic medal contender in slopestyle heading into Sochi as the reigning world champion.

But stiffness that morphed into swollen joints kept her off snow for seven months in 2013.

"It got so bad that I couldn't even get myself out of bed in the morning or walk down a set of stairs. I literally looked like an 80-year-old woman," O'Brien said.

On Nov. 25, 2013, she was diagnosed with rheumatoid arthritis — a chronic autoimmune disorder in which the immune system attacks one's own body tissues.

According to the Mayo Clinic, the swelling can cause bone erosion and joint deformity.

"There was a lot of fear I wouldn't be able to compete at the Games because no one knew what was wrong with me," O'Brien said.

"When I did find out, it was such a whirlwind and it was so personal, I wasn't ready to talk about it. I didn't want to broadcast it because I was still trying to understand it. I didn't process it until that season was over."

O'Brien botched landings in each of her two runs in the Olympic final in Sochi and finished last in the 12-woman field.

O'Brien won't blame her performance on rheumatoid arthritis because she was on medication by that point and had placed third in the X Games prior to departing for Sochi.

It got so bad that I couldn't even get myself out of bed in the morning.
Spencer O'Brien

But her Olympic preparation that winter was far from optimal.

"It was kind of weird after everything I'd been through to make it to finals and then just kind of have an off day," she said.

After trying different medications, O'Brien found one two years ago that controls her symptoms. She shakes her head when she thinks about how much pain she endured in 2013 compared to now.

O'Brien won her first X Games gold last year in her 10th appearance. She's thrilled that women's Big Air is back.

"All the girls invited to this event will be major, major contenders in Korea next year," O'Brien said. "It's going to be very telling of who is on the cusp for those Olympic medals come next February." THE CANADIAN PRESS

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Gushue eyes more provincial glory

CURLING

N.L. skip has health, friendly crowds on his side in St. John's

Brad Gushue finished runner-up to Alberta's Kevin Koe in the gold-medal draw at last year's Brier in Ottawa.
ADRIAN WYLD/THE CANADIAN PRESS

Brad Gushue has won the Newfoundland and Labrador curling title in every season since 2007. Never has the pressure to repeat as provincial champion been greater than this year.

Gushue would love nothing more than to win his first Tim Hortons Brier in his hometown of St. John's this March. But in order to book a berth in the national championship, he'll need to win this week's provincial playdowns at the Bally Haly Country Club in the provincial capital.

The top-ranked Gushue will be a heavy favourite in the five-team field when play begins Thursday.

"Even though we're going to play against some teams that people across the country may have never heard of, they can play, they can compete," Gushue said. "And if we don't show up and play or take them for granted, they could beat us."

Gushue is still not quite in top physical form due to a hip/groin injury that kept him off the ice for the first few months of the season. He returned in early December and reached the semifinals at the National before winning the Canadian Open this month in North Battleford, Sask.

"I felt comfortable really quick," Gushue said of his latest performance. "Really right from the get-go I felt pretty confident in the ice and how I was throwing it. Then all of the sudden you get more and more confidence and it feels like you're getting your mojo back."

Most of the pain has gone away and now Gushue is working on improving his strength. He will also continue his regular physiotherapy and massage therapy sessions.

While it was tough to be away earlier in the season, Gushue said there were some positives to taking some time off.

"Going into the second half of the season, I feel much more energized at this point than I ever have in my career," he said in a recent interview from St. John's. "Generally come Christmas time, you're just anxious to get away from the game and try to recharge the batteries for the second half of the year. Whereas this year, I was itching to get back at it."

Gushue added that he feels mentally sharper on the ice. He also discovered that he really missed the sport.

"I love the game and it really showed me that I still have the drive to compete," he said.

St. John's is hosting the Brier for the first time since 1972. Kevin Koe, who beat Gushue in the final of last year's Brier in Ottawa, earns a direct entry in the Mar. 2-12 event at the Mile One Centre as the defending champion.

The women's nationals — the Scotties Tournament of Hearts — is set for Feb. 16-26 at the Meridian Centre in St. Catharines, Ont. THE CANADIAN PRESS

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NASCAR

Earnhardt Jr. has fresh perspective

There is nothing more tedious to a NASCAR driver than pre-season promotional work.

Consider Dale Earnhardt Jr. the rare exception. His turn Wednesday at the Charlotte Convention Center was like the first day of vacation for NASCAR's most popular driver. He was thrilled to be back after missing the second half of last season with a concussion.

Dale Earnhardt Jr.
GETTY IMAGES

"I'm excited to be here for media day, which is new for me this year," he said. "I'm excited for the season. It can't get here fast enough."

Earnhardt was cleared to get back in a race car in December and says he's eager to test-drive next week at Phoenix and get to Florida next month for the season-opening Daytona 500. THE ASSOCIATED PRESS

IN BRIEF

OF Jackson joins Cleveland

Free agent outfielder Austin Jackson has agreed to a minor league contract with the Cleveland Indians and will report to big league spring training.

Jackson, who turns 30 on Feb. 1, gives the Indians some outfield depth and insurance in case left fielder Michael Brantley isn't ready for the start of the season. Brantley played in just 11 games last season following surgery on his right shoulder.

THE ASSOCIATED PRESS

Malkin to miss all-star game

Pittsburgh Penguins centre Evgeni Malkin is dealing with a lower-body injury that will keep the Russian star out of Sunday's all-tar game.

Coach Mike Sullivan announced the injury on Wednesday, a day after Malkin played 18:27 in a 3-0 home loss to St. Louis. Malkin appeared to be in some discomfort after taking a hit from St. Louis' Joel Edmundson but did not miss a shift.

THE ASSOCIATED PRESS

GOLF

Tiger tests waters again at Torrey Pines

With the Pacific Ocean behind him, Tiger Woods drew back his driver and sent it soaring across the blue sky Wednesday at Torrey Pines in San Diego.

This will be the ninth time that Woods returns to the PGA Tour following a lengthy layoff and this one brings as much curiosity as excitement at the Farmers Insurance Open.

Not even Woods knows what to expect.

"We all know I haven't played a full schedule in a very long time, so this is an unknown," Woods said. "I've been away from it for so long."

Tiger Woods
GETTY IMAGES

Woods last played a PGA Tour event at the Wyndham Championship in August 2015 in a last-minute effort to qualify for the post-season.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Crunchy Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We're addicted to the sweet, salty, hearty, crunchy combination of this dinner salad.

Ready in 30 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Dressing
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce
- 1/2 tsp sriracha
- 1 Tbsp vegetable oil
- 1 tsp fish sauce
- 1 tsp sugar

Directions

1. Fill a skillet with water and season with salt and pepper. Bring to a simmer. Place chicken breasts in the water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove meat from skillet and place on a clean plate. Use two forks to shred the chicken.

2. In a small bowl, whisk together the dressing ingredients

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

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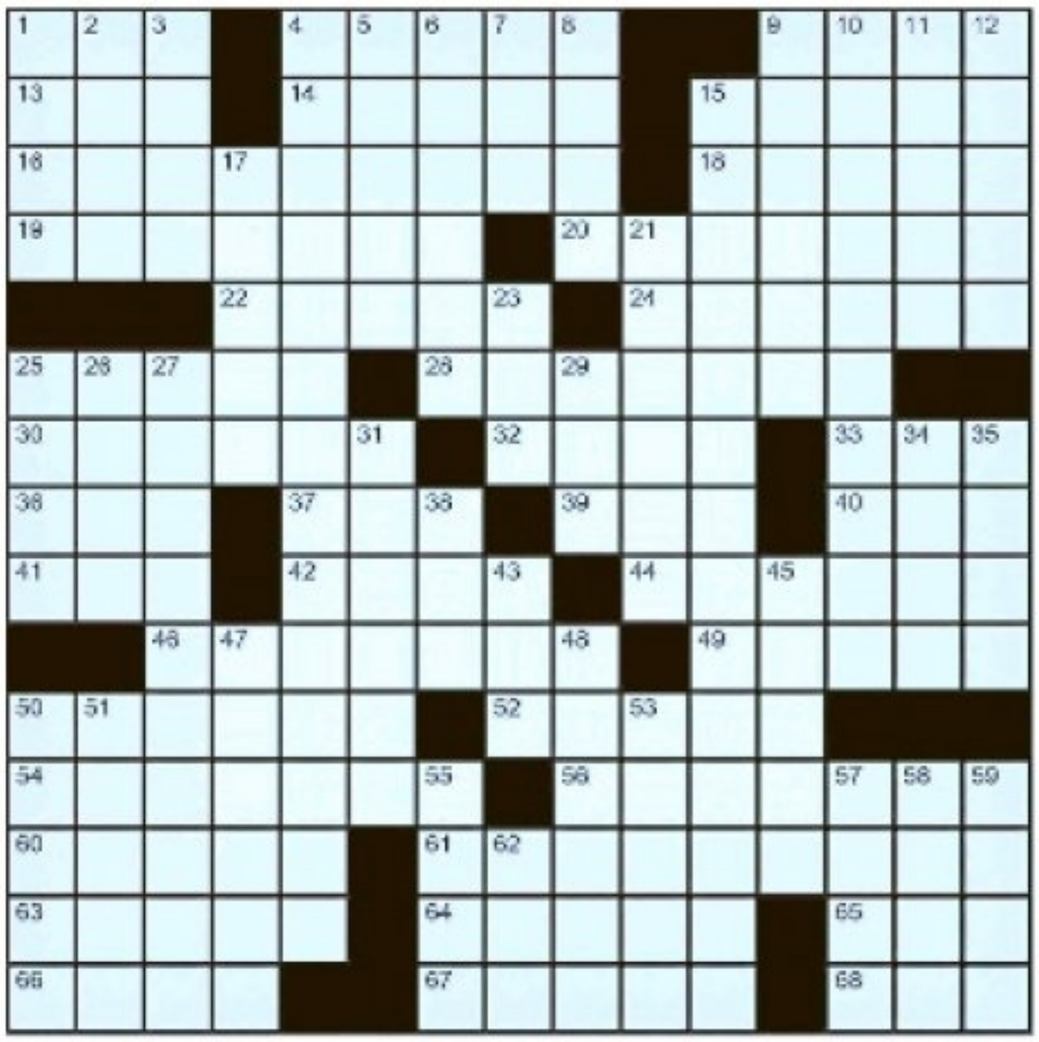
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Groceries holder
4. Long for
9. Lump of soil
13. "Strangers __ Train" (1951)
14. Golden hit song from the past
15. French nursery rhyme: "__ Jacques"
16. One of Saint Basil's Cathedral's vivid architectural features in Moscow: 2 wds.
18. The Cloister and the Hearth novelist Charles
19. Department's boss
20. As a non-looking-forward-to event
22. Lead/tin alloy
24. They make things less difficult
25. 1st Greek letter
28. One taking it a bit too easy on the job
30. Platinum Blonde hit: "__ Really Matter"
32. Litigates
33. Mil. rank
36. Matterhorn, for one
37. Sort of spell
39. Rx watchdog in The States
40. When repeated, a villain's laugh
41. Travel directions provider
42. Luxury label
44. Full
46. South American country
49. Colleague of Happy and Doc
50. Powerful
52. __ of vantage (Favourable position)
54. Retro hairstyling products
56. Dreamy
60. Ms. Ekberg
61. Purr-chasers of Purina products: 2 wds.
63. Wheezing noises
64. "La Dolce Vita" (1960) actress, __ Aimee ...co-star of #60-Across
65. Up to, in verse
66. Building extensions
67. After-dinner candies
68. Quebec seasoning

DOWN
1. Movie set's overhead holder of a microphone
2. Ms. Faris
3. Laundry detergent brand
4. Toronto's hip 'Square' location: 3 wds.
5. Respected person in the community
6. Decorates
7. Flange
8. Call for
9. Iron-ee
10. Prime Minister's activity
11. Sequence
12. Feats
15. Cult TV series of 1999 to 2000 on which Seth Rogen starred: 3 wds.
17. Promises
21. Diminish/fall back
23. Chicago trains
25. U2's bassist Mr. Clayton
26. Ms. Falana
27. Cook's often-used grinder: 2 wds.
29. "__ Wiedersehen!"
31. Who-needs-medical-assistance-first process
34. "Runaway Bride" (1999) star Richard
35. 1970 Carpenters hit: "(__ Long to Be) Close to You"
38. Said a li'l Rocky-style 'hello'
43. Bird of myth
45. Clown in the opera Pagliacci
47. English composer, Eric __ (b.1886 - d.1957)
48. Encourage at the stadium: 2 wds.
50. Fifth wheel
51. Of varied pitch
53. Enter the data
55. Fleece
57. Research papers, e.g.
58. Mr. Nastase of tennis
59. Convict's unit
62. Tropical cuckoo bird

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Dealings with bosses, VIPs and parents are unpredictable today. If you are upset by what they say, don't quit your day job. Give things a sober second thought.

Taurus April 21 - May 21
Travel plans will be delayed, canceled or subject to detours and changes. Likewise, publishing, the media, medicine and the law are subject to sudden changes.

Gemini May 22 - June 21
Double-check bank accounts and important agreements, because something to do with inheritances, shared property, taxes and debt might throw you for a loop. Know what's happening.

Cancer June 22 - July 23
A friend or partner will throw you a curveball today. He or she might want more independence in the relationship. This person also might make a weird accusation!

Leo July 24 - Aug. 23
Your job's routine will be interrupted today. Staff shortages, equipment breakdowns, computer problems, delivery delays or other unexpected situations will force you to deal with surprises. Be cool.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Know where they are at all times. Be careful to remove potentially hazardous equipment or items around them.

Libra Sept. 24 - Oct. 23
Something unpredictable will affect your home or family today. It may be an argument, or a minor breakage could occur. Someone might have surprising news.

Scorpio Oct. 24 - Nov. 22
Be careful today and take your time so that you are mindful and aware, because this is an accident-prone day for you. Think before you speak, and think before you act.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your finances today, because something unexpected will affect them. You might find money, or you might lose money. Something you own might be lost, stolen or damaged.

Capricorn Dec. 22 - Jan. 20
Today you feel impulsive and rebellious. Even though you usually are cautious and careful, today you might shock someone with a sudden decision or action.

Aquarius Jan. 21 - Feb. 19
You feel restless today. You feel as if you're waiting for the other shoe to drop. You might be agitated because of changes taking place in other people's lives around you.

Pisces
Feb. 20 - March 20
A friend might surprise you today. Something unexpected will take place with someone you know, perhaps in a group setting.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2	7	8						
3			4			5		
9		5		3		7	6	
	5			4				
		3	9		1	2		
				8			5	
		9		2		4		6
	8				6			2
6						3	1	5

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YESTERDAY'S ANSWERS

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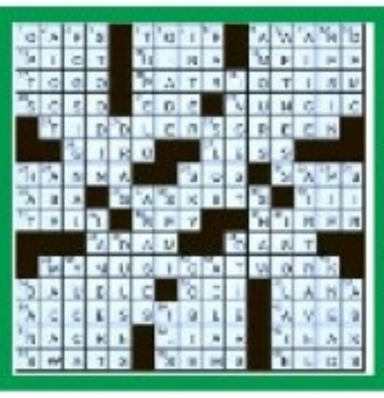

7	4	1	8	9	3	2	5	6
2	6	9	4	1	5	8	3	7
5	3	8	2	6	7	1	4	9
1	7	2	3	5	6	9	8	4
3	8	4	7	2	9	6	1	5
9	5	6	1	4	8	7	2	3
6	2	5	9	8	4	3	7	1
8	9	7	5	3	1	4	6	2
4	1	3	6	7	2	5	9	8

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